

# VT MUNCH TIMES

## Coming to a Tray near You!

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*VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!*

### Munch on this:

#### Policy Update: **Smart Snacks**

Effective July 1, 2014 any “competitive food” (food not part of a reimbursable meal) sold during the “school day” (from midnight to 30 minutes after the end of the official school day) must be one of the following:

- ❖ Be a whole grain-rich grain product, or
- ❖ Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food, or
- ❖ Be a combination food that contains at least 1/4 cup fruit and/or vegetable , or
- ❖ Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D or dietary fiber (this option only until July 1, 2016)

Furthermore, any foods sold in schools must be less than or equal to these nutrient limits:

- ❖ Total fat ≤ 35% of calories
- ❖ Saturated fat ≤ 10% of calories
- ❖ Trans fat ≤ 0 grams
- ❖ Total sugars ≤ 35% of item weight
- ❖ Snack items: ≤ 200 calories and ≤ 230 mg sodium
- ❖ Entrée items: ≤ 350 calories and ≤ 480 mg sodium

For more information [http://www.fns.usda.gov/cnd/governance/legislation/allfoods\\_summarychart.pdf](http://www.fns.usda.gov/cnd/governance/legislation/allfoods_summarychart.pdf)

Click [here](#) to find out more about our **Smart Snacks** workshop at the Tri-State conference.

Do you have a school store or a snack cart? Are your snacks smart enough? Use this snack calculator to find out:

[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/product\\_calculator/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/)

**Reminder:** As the school year starts winding down, remember to use up all non-whole grain rich products (commercial or home-made product) by June 30<sup>th</sup>. Starting July 1<sup>st</sup>, these items will not be creditable. For example, chicken nuggets with an enriched flour coating will no longer be a creditable

item. Refer to the Whole Grain Rich Criteria guide listed under the resources section to help you choose creditable products.

### **Nutrition News: Breakfast = Brain Power**

How did your school food service program celebrate National School Breakfast Week this week? We have all heard that “breakfast is the most important meal of the day” and research supports the importance of providing breakfast to children and youth. Children who eat a good breakfast tend to perform better in school, have a better attendance record and exhibit fewer behavior problems. In addition, children who eat a good breakfast develop healthy eating habits, visit the school nurse less frequently and are less likely to be obese. Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal. That's where you come in! The breakfast menu you prepare for your students should be rich in whole grains, fiber, and protein while low in added sugar. This will help to boost a student's attention span, concentration and memory.

### **A Message about School Breakfast from Hunger Free Vermont:**

In most schools in Vermont, participation in school breakfast lags far behind participation in school lunch. Increasing participation in breakfast is critical for student learning, student health, the financial health of school meal programs, and increasing sources of revenue for purchasing local food for school meals. “Breakfast After the Bell” models are guaranteed to increase school breakfast participation. [Click here](#) to find out more, or contact Anore Horton at Hunger Free Vermont, 802-865-0255 or [ahorton@HungerFreeVT.org](mailto:ahorton@HungerFreeVT.org).

### **Trainings & Events:**

#### **Second Annual Tri-State Child Nutrition Conference ~ Register Now!**

Join your colleagues at the Killington Mountain Resort and Conference Center on April 10, 2014 for a full day of training and workshops to learn the latest updates in the School Meals Programs, the Child & Adult Care Food Program, and the Summer Food Service Program. VT, who is hosting the Tri-State Conference this year, has once again partnered with Maine and New Hampshire Child Nutrition State Agency staff members to bring this information-packed conference featuring Key Note presenter Scott Noyes who will start the day with a session on food & nutrition and the student's brain development - find out if there is truth to the saying "you are what you eat." Our schedule covers a great variety of workshop sessions covering regulation updates and changes for your programs, Farm to School, Purchasing, USDA Foods, Smart Snacks and more. Click [here](#) to register.

#### **USDA Foods WBSCM Refresher Trainings:**

It's time to get ready to place your USDA Foods orders for School Year 2014-2015! We still have 4 refresher trainings around the state in March for food service managers who would like assistance in placing these orders and for new food service managers.

- Milton: March 11<sup>th</sup>
- Newport: March 12<sup>th</sup>
- Hartford: March 25<sup>th</sup>
- Hartford: March 27<sup>th</sup>

All trainings are from 3-5pm. Please click here to register for a training location:  
[https://creator.zoho.com/cheryl\\_4.3.68/usda-foods-wbscm-training/#Form:Home](https://creator.zoho.com/cheryl_4.3.68/usda-foods-wbscm-training/#Form:Home).

### **Vermont FEED's 2014 -2015 Farm to School Institute**

**The Farm to School Institute is a FREE year-long professional development opportunity offered to ten school teams in Vermont.** Teams first gather for three days of learning and networking to develop a Farm to School action plan for their classrooms, cafeterias, and communities and then implement the plans, with support, over the following academic year. The Institute begins in June 2014. We want your school! Applications for the 2014 FTS Institute are being accepted until March 20th. **Apply now!**

### **Vermont's 7<sup>th</sup> Annual Jr. Iron Chef Competition**

Jr. Iron Chef Vermont is a statewide culinary competition that challenges teams of middle and high school students to create healthy, local dishes that inspire school meal programs. Last year more than 300 students from 55 schools participated. The competition will be held Saturday March 22, 2014 at the Champlain Valley Exposition, Essex Junction from 9:00am to 3:30pm. Click [here](#) for more information.

### **USDA Farm-to-School Grant Webinars**

Webinars to help in your application for the USDA Farm to School Implementation and Planning Grants. More information, application requests, and webinar dates can be found here:  
<http://www.fns.usda.gov/farmtoschool/fy-2015-farm-school-grant-program-funds-available>

### **USDA Farm to School Webinars**

Two webinars each month will be offered to showcase the variety of ways school districts can purchase local foods.

The second and fourth Thursdays of the month at 2:00pm.

Upcoming schedule:

- Using Specifications to Target Local Products – March 13
- Working with Distributors – March 27

To register, please click [here](#). You can catch up on all past webinars at:

<http://www.fns.usda.gov/farmtoschool/webinars>

### **Resources:**

#### **Is Your Child Nutrition Program Prepared for a Norovirus Outbreak?**

The National Food Service Management Institute has put together resources and training to help you prepare and prevent a norovirus outbreak in your program.

Follow this link for more information: [www.nfsmi.org/norovirus](http://www.nfsmi.org/norovirus)

#### **Whole Grain Resource for the National School Lunch and Breakfast Programs**

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

#### **Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):**

March's *Harvest of the Month* is Dry Beans. Beans, beans, good for your heart -- really! Beans are loaded with insoluble fiber, which helps lower cholesterol, as well as soluble fiber, which fills you up and helps rid your body of waste. They're also a good, low-fat source of protein, carbohydrates, magnesium, and

potassium. Beans can easily substitute for meat or poultry as the centerpiece of a meal, but they also work as a side dish, or tossed into soups, stews, or egg dishes.

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org).

### **New School Cuisine Cookbook**

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! [http://education.vermont.gov/documents/EDU-New\\_School\\_Cuisine\\_Cookbook.pdf](http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf)

### **Serving Up a School Culture of Health, Wellness, and Nutrition**

Promising Practices that provide lessons learned and recommendations for how to create a school culture that values the important role healthy food, nutrition education and physical activity play in education.

[http://education.vermont.gov/documents/EDU-School\\_Nutrition\\_Serving\\_Up\\_School\\_Culture.pdf](http://education.vermont.gov/documents/EDU-School_Nutrition_Serving_Up_School_Culture.pdf)

### **Free, Online, College-level Courses in Food and Nutrition (and other subjects)**

Available at [Coursera](#) and [EdX](#).

**Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:**

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

### **State School Health Policy Matrix**

A guide to state-level school health policies for competitive foods and beverages, physical education and physical activity, and administration of medication in the school environment. It outlines relevant state-level policies for each of these areas, including a direct link to the policy, and it indicates which political entity or agency adopted the policy or issued guidance. <https://chronicdisease.site-ym.com/?SchoolHealthPubs>

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*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 828-5152 or [marianna.charalabopoulos@state.vt.us](mailto:marianna.charalabopoulos@state.vt.us)

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